

# 12 Fit for Life

## Reading

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- 12.1 sea urchin** (n) /si: 'ɜ:tʃɪn/  
a sea animal shaped like a ball with spikes  
• *She stepped on a sea urchin and it was really painful.*
- 12.2 oyster** (n) /'ɔɪstə/  
a type of shellfish • *He ate the oyster raw with a little lemon.*
- 12.3 bean** (n) /bi:n/  
a small, thin green vegetable with seeds in it that you can eat • *Do you like traditional Greek bean soup?*
- 12.4 seaweed** (n) /'si:wi:d/  
plants which grows in the sea • *There was a lot of seaweed on the shore after the storm.*
- 12.5 scorpion** (n) /'skɔ:piən/  
an animal like an insect with sting in its tail  
• *He lifted a stone and there was a scorpion under it.*
- 12.6 snail** (n) /'sneɪl/  
a small soft animal that moves slowly and has a hard shell on its back • *After the rain there were lots of snails in the garden.*

## Word Focus

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- 12.7 delicacy** (n) /'delɪkəsi/  
delicious food that is expensive or rare  
• *Smoked salmon is one of her favourite delicacies.*  
> delicate (adj)
- 12.8 termite** (n) /'tɜ:mɪt/  
a small insect like an ant • *Termites have destroyed the wooden doors in his house.*
- 12.9 termite mound** (n) /'tɜ:mɪt maʊnd/  
a nest built by termites (= small insects that eat wood and live in organised groups)  
• *There were huge termite mounds all over the area.*
- 12.10 squirm** (v) /skwɜ:m/  
move with a wriggling motion • *The child squirmed in his chair because he wanted to go to the toilet.*
- 12.11 wriggle** (v) /'rɪgl/  
twist and turn • *Sit still and stop wriggling!*
- 12.12 motion** (n) /'məʊʃn/  
the act or process of moving • *He jumped off the train while it was still in motion.*
- 12.13 abundant** (adj) /ə'bʌndənt/  
existing in large numbers or amounts  
• *Water is abundant in this region.*  
> abundance (n) ☞ Opp: scarce
- 12.14 pulp** (n) /pʌlp/  
soft material containing a lot of water • *Mash the strawberries to a pulp and eat them with honey and yoghurt.*

- 12.15 tingle** (v) /'tɪŋgl/  
create a slightly painful sensation • *My leg fell asleep and now it's tingling.* > tingling (n)

## Reading

pages 148–149

- 12.16 for the sake of** (expr) /fə ðə seɪk ɒv/  
If you do sth for the sake of sb or sth, you do it in order to help, please or improve them. • *He left his job for the sake of his health.*
- 12.17 stick to** (phr v) /stɪk tə/  
continue doing sth even though it may be difficult • *Let's stick to our original plan.*
- 12.18 balanced diet** (expr) /'bælənst 'daɪət/  
a diet that is healthy because it contains the right foods in the right amounts • *Athletes need to eat a balanced diet.*
- 12.19 opt (for)** (v) /ɒpt (fɔ:)/  
choose • *She opted for a chicken burger as she isn't keen on red meat.* > option (n)
- 12.20 low-fat** (adj) /ləʊ-fæt/  
containing only a little fat • *This low-fat yoghurt is tasteless!*
- 12.21 intake** (n) /'ɪnteɪk/  
the amount of food or drink you consume  
• *The doctor said his intake of salt was too high.*
- 12.22 conservative** (adj) /kən'sɜ:vətɪv/  
not very open to anything new • *Grandpa is a bit conservative, so he never wants to try foreign food.*
- 12.23 bug** (n) /bʌg/  
an insect • *The birds were eating little bugs in the grass.*
- 12.24 pop** (v) /pɒp/  
put sth somewhere quickly • *Pop this pill in your mouth and swallow it.*
- 12.25 crawl** (v) /krɔ:l/  
move slowly • *The ant crawled up the leaf.*
- 12.26 swallow** (v) /'swɒləʊ/  
when sth goes from your mouth to your stomach  
• *The little boy swallowed a toy and his parents had to take him to the doctor.*
- 12.27 crunchy** (adj) /'krʌntʃi/  
Crunchy food is firm and makes a noise when you bite it. • *These nuts are nice and crunchy.*
- 12.28 grasshopper** (n) /'grɑ:ʃɒpə/  
an insect with long back legs for jumping  
• *The bird ate the grasshopper.*
- 12.29 deep-fried** (adj) /di:p-fraɪd/  
cooked in lots of hot oil • *Deep-fried fish and chips is a traditional British takeaway.*  
> deep-fry (v)

- 12.30** **cockroach** (n) /'kɒkrəʊtʃ/  
an insect that many people find disgusting  
• Mum screamed because there was a cockroach in the kitchen.
- 12.31** **creepy-crawly** (n) /'kri:pi-'krɔ:li/  
an insect • Little George puts creepy-crawlies in his sister's hair, which makes her scream.
- 12.32** **tasty** (adj) /'teɪsti/  
delicious • This meal is very tasty. Can I have some more? > taste (v, n) 📖 Opp: tasteless
- 12.33** **magnesium** (n) /mæɡ'ni:ziəm/  
a white, silvery coloured metal • He takes vitamins and magnesium every day while training for the marathon.
- 12.34** **iron** (n) /aɪən/  
a common hard metal • If you are anaemic, take some iron.
- 12.35** **skip** (v) /skɪp/  
not do sth that you usually do or should do • She was hungry because she had skipped breakfast.
- 12.36** **processed food** (n) /'prəʊsest fu:d/  
food with substances added to it in order to preserve it or improve its colour • Processed food has many preservatives so it isn't good for you.
- 12.37** **unknowingly** (adv) /ʌn'nəʊwɪŋli/  
not realising what you are doing • The king unknowingly drank poison and died.
- 12.38** **make your mouth water** (expr)  
/meɪk jɔ: maʊθ 'wɔ:ətə/  
If food makes your mouth water, it smells or looks so good you want to eat it. • Just looking at the food made my mouth water.
- 12.39** **whiff** (n) /wɪf/  
a slight smell (often bad) • He got a whiff of fried onions from next door.
- 12.40** **put off** (phr v) /pʊt ɒf/  
make sb dislike or not want to do sth • I didn't try the food – the smell put me off.
- 12.41** **spike** (n) /'spaɪk/  
sth long and thin with a sharp point • There are spikes all over this fruit, so I can't touch it. > spiky (n)
- 12.42** **sharp** (adj) /ʃɑ:p/  
able to cut easily • He cut himself on the sharp knife. > sharpen (v) 📖 Opp: blunt
- 12.43** **garlic** (n) /'gɑ:lɪk/  
a plant like a small onion with a strong smell  
• I don't eat tzatziki because I don't like garlic.
- 12.44** **fibre** (n) /'faɪbə/  
the part of food that your body cannot digest  
• There is a lot of fibre in fruit and vegetables.
- 12.45** **packed** (adj) /pækt/  
containing a lot of one thing • Fresh fruit salad is packed with vitamins.
- 12.46** **carbohydrate** (n) /kɑ:bə'haidreɪt/  
a substance that is found in foods like sugar, bread and potatoes and which provides your body with energy • Bread and sugar are high in carbohydrates.
- 12.47** **boost** (n) /bu:st/  
sth that helps sb or sth improve or increase  
• Passing that test was such a boost to her confidence. > boost (v)
- 12.48** **bitter** (adj) /'bɪtə/  
having a sharp strong taste • This food is too bitter to eat. > bitterness (n)
- 12.49** **root** (n) /ru:t/  
the part of a plant which is under the ground  
• Carrots and potatoes are my favourite root vegetables.
- 12.50** **fall to** (phr v) /fɔ:l tu:z/  
If a job falls to sb, they are responsible for doing it. • After every meal, it always falls to Mary to wash the dishes.
- 12.51** **grate** (v) /ɡreɪt/  
cut into very small pieces using a tool with a rough surface • Please grate some cheese over my pasta. > grater (n)
- 12.52** **squeeze** (v) /skwi:z/  
press sth firmly in order to get liquid out of it  
• Squeeze the lemons and pour the juice into a glass.
- 12.53** **strainer** (n) /streɪnə/  
a kitchen tool with lots of small holes in it that is used for separating solids from liquids  
• We need the strainer because the pasta is ready. > strain (v)
- 12.54** **paste** (n) /peɪst/  
a soft smooth food made by crushing sth  
• Mix the flour and water into a paste and then add salt.
- 12.55** **chubby** (adj) /'tʃʌbi/  
slightly fat in a pleasant way • She was a beautiful baby with brown hair and chubby cheeks.
- 12.56** **porcupine** (n) /'pɔ:kjʊpaɪn/  
an animal with spikes on its back • The porcupine is well protected from predators with its long sharp spikes.
- 12.57** **pinch** (n) /pɪntʃ/  
a very small amount • Add a pinch of salt and the soup is ready.
- 12.58** **toxin** (n) /'tɒksɪn/  
a poison • There are many toxins in the polluted river, so don't go fishing there. > toxic (adj)
- 12.59** **fatal** (adj) /'feɪtl/  
deadly • He never looked after his health and at the age of 60 he died of a fatal heart attack. > fatality
- 12.60** **thrill** (n) /θrɪl/  
an exciting experience • People do bungee-jumping for the thrill of the experience. > thrill (v), thrilling (adj)
- 12.61** **plentiful** (adj) /'plentɪfl/  
abundant • Fruit is plentiful in the summer.
- 12.62** **thorn** (n) /θɔ:n/  
a small sharp pointed part of a plant • Careful! Those roses have thorns.

- 12.63 husk** (n) /hʌsk/  
the dry outer part of some seeds and nuts  
• *Remove the husk and put the corn on a plate.*
- 12.64 odour** (n) /'əʊdə(r)/  
a smell, especially an unpleasant one • *How can I remove the odour of cooking from my curtains?*
- 12.65 overpowering** (adj) /,əʊvə'paʊərɪŋ/  
very strong or powerful • *There's an overpowering smell of fish in the kitchen.* > overpower (v)

### Describing food

bitter	low-fat
crunchy	tasty
deep-fried	

### Insects

bug	grasshopper
cockroach	termite
creepy-crawly	

## Vocabulary

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- 12.66 mineral** (n) /'mɪnərəl/  
a natural substance found in food which your body needs to stay healthy • *Calcium is a mineral found naturally in milk.*
- 12.67 digest** (v) /daɪ'dʒest/  
change food in your stomach into substances that your body can use • *Some people can't digest dairy products easily.* > digestion (n), digestive (adj)
- 12.68 calcium** (n) /'kælsɪəm/  
a mineral that is necessary for strong bones  
• *Children need calcium for their bones to grow well.*
- 12.69 cure** (n) /kjʊə/  
sth that makes you well • *Grandma always said a cup of tea is a cure for any problem.* > cure (v)
- 12.70 workout** (n) /'wɜ:kəʊt/  
an exercise routine • *He does a workout every evening at the gym.*
- 12.71 obese** (adj) /əʊ'biːs/  
very fat • *He weighed 120 kilos and was warned by his doctor that he was obese.*  
> obesity (n)
- 12.72 session** (n) /'seʃn/  
a period of time spent doing a particular activity  
• *The athlete broke his leg in a training session.*
- 12.73 immune** (adj) /ɪ'mjuːn/  
If you are immune to a disease, you cannot catch it. • *I had chickenpox when I was a child, so I am immune to it.* > immunity (n)
- 12.74 operate** (v) /'ɒpəreɪt/  
cut into sb's body to repair or remove a part that is damaged • *The surgeon must operate on you to remove your appendix.* > operation (n)

- 12.75 sick of** (adj) /sɪk əv/  
fed up with • *I'm sick of this wet weather. I wish it were sunny.*
- 12.76 diabetes** (pl n) /daɪə'tiːbiːz/  
a condition when sb has too much sugar in their blood • *He has diabetes, so he cannot eat sweets.*  
> diabetic (n)
- 12.77 break out (in sth)** (phr v) /breɪk aʊt (ɪn 'sʌmθɪŋ)/  
If you break out in a rash, spots, etc, they suddenly appear on your skin. • *I break out in spots if I eat chocolate.*
- 12.78 surgeon** (n) /'sɜːdʒn/  
a doctor who performs operations • *The surgeon operated on my knee.* > surgery (n), surgical (adj)
- 12.79 chickenpox** (n) /'tʃɪkɪn pɒks/  
an infectious illness which causes spots on your skin and a fever • *The child caught chickenpox at nursery school.*
- 12.80 braces** (pl n) /'breɪsɪz/  
metal wires that people wear on their teeth to make them grow straight • *Charlie got braces because his front teeth stick out.*
- 12.81 contact lenses** (pl n) /'kɒntækt 'lensɪz/  
a small round piece of plastic that you put on your eye to help you see clearly • *The actor had to wear blue contact lenses for the role.*
- 12.82 first-aid kit** (n) /fɜːst-əɪd kɪt/  
a box with things you need in case sb is hurt  
• *There is a first-aid kit in the bathroom with some painkillers in it.*
- 12.83 hot water bottle** (n) /hɒt 'wɔːtə 'bɒtl/  
a rubber container full of hot water, used to make a bed warm • *It was a very cold night so I put a hot water bottle in my bed to keep me warm.*
- 12.84 stethoscope** (n) /'steθəskəʊp/  
an instrument used for listening to sb's chest  
• *The doctor listened to my heart with a stethoscope.*

## Grammar

page 151

- 12.85 sneeze** (v) /sniːz/  
If you sneeze, air suddenly comes from your nose, making a noise. • *Pepper can make you sneeze.*  
> sneeze (n)

## Listening

page 152

- 12.86 apply** (v) /ə'plai/  
put sth such as paint or cream on a surface • *Apply the cream to your face.*
- 12.87 commentator** (n) /'kɒmənɪteɪtə(r)/  
sb who describes an event while it is happening on television or radio • *Why do sports commentators always shout?*
- 12.88 pork** (n) /pɔːk/  
meat from a pig • *Do you eat pork?*

# Speaking

page 153

- 12.89 be obsessed (with)** (expr) /bi əb'sest wɪð/  
think or worry about sth all the time so that you cannot think about anything else • *He's so obsessed with money!* > obsession (n)

# Grammar

page 154

- 12.90 shift** (n) /ʃɪft/  
a period of time during the day or night when sb works • *Are you on the night shift this week?*
- 12.91 under no circumstances** (expr) /'ʌndə nəʊ 'sɜ:kəmstənsɪz/  
not for any reason • *Under no circumstances should you open that door.*
- 12.92 miracle** (n) /'mɪrəkl/  
sth that happens or works in a way that you did not expect was possible • *There is no miracle cure for cancer.*
- 12.93 anti-wrinkle cream** (n) /æntɪ rɪŋkl kri:m/  
a cream that promises to stop or reduce the signs of ageing on sb's skin • *Do anti-wrinkle creams really work?*
- 12.94 wound** (n) /wu:nd/  
an injury made by a knife or bullet • *The soldier's wound prevented me from walking.* > wound (v), wounded (adj)
- 12.95 gauze** (n) /gɔ:z/  
thin cotton with very small holes in it that is used for tying around a wound • *The nurse placed gauze over the cut to keep it clean.*
- 12.96 infected** (adj) /ɪn'fektɪd/  
full of bacteria (= small living things that can cause disease) • *The cut on her finger had become infected.* > infect (v), infection (n)
- 12.97 low-calorie** (adj) /ləʊ-'kæləri/  
Low-calorie food has few calories (units for measuring the amount of energy that food will produce) • *Eat low-calorie food to lose weight.*
- 12.98 elegant** (adj) /'elɪgənt/  
attractive and designed well • *She was wearing an elegant blue dress.* > elegance (n)
- 12.99 crisp** (adj) /krɪsp/  
pleasantly hard when you bite it • *He bit into the crisp biscuit.*
- 12.100 powdered** (adj) /'paʊdəd/  
• *I don't like powdered milk in my coffee.*  
> powder (n, v)
- 12.101 ingredient** (n) /ɪŋ'grɪ:diənt/  
one of the foods that you use to make a particular food • *The main ingredient in bread is flour.*
- 12.102 oven** (n) /'ʌvn/  
a piece of equipment shaped like a box with a door on the front in which food is cooked • *She took the cake out of the oven.*

# Use your English page 155

- 12.103 come round** (phr v) /kʌm raʊnd/  
become conscious again • *She fainted and it took a few minutes for her to come round.*
- 12.104 come down with** (phr v) /kʌm daʊn wɪð/  
get an illness • *He's not going to work as he's come down with a cold.*
- 12.105 fight off** (phr v) /faɪt ɒf/  
try hard to get rid of sth like an illness • *Regular exercise improves your immune system, which helps you fight off infections.*
- 12.106 get over** (phr v) /get 'əʊvə/  
get better from an illness • *It took me ten days to get over that terrible flu.*
- 12.107 pass out** (phr v) /pɑ:s aʊt/  
faint; lose consciousness • *It was so hot and airless in the room that I passed out.*
- 12.108 resist** (v) /rɪ'zɪst/  
not be harmed by sth • *If you drink this hot soup, it will help you resist a bad cold.* > resistance (n)
- 12.109 faint** (v) /feɪnt/  
lose consciousness • *Mum fainted when she heard the bad news.*
- 12.110 recover** (v) /rɪ'kʌvə/  
get better after an illness • *He recovered from his cold and went back to work.* > recovery (n)
- 12.111 flu** (n) /flu:  
a common illness like a very bad cold, which you can get from other people • *Mike is still in bed with the flu.*
- 12.112 sufficient** (adj) /sə'fɪʃənt/  
enough • *Is there a sufficient amount of milk in the fridge for the weekend?* > sufficiently (adv)
- 12.113 supply** (n) /sə'plaɪ/  
an amount of sth that is available for use • *Always take a large supply of food with you when you go camping.* > supply (v)
- 12.114 nutrient** (n) /'nju:trɪənt/  
a chemical or food that plants and animals need to live and grow • *There are nutrients in the ground which help plants grow.*
- 12.115 intake** (n) /'ɪnteɪk/  
the amount of sth that you eat or drink • *You need to reduce your daily sugar intake.*
- 12.116 recovery** (n) /rɪ'kʌvəri/  
when you are well again after an illness • *The doctor says she will make a full recovery.*  
> recover (v)
- 12.117 appetite** (n) /'æpɪtaɪt/  
a desire for food • *He has an enormous appetite and eats enough for three people.*  
> appetising (adj)
- 12.118 temperature** (n) /'temprətʃə/  
how hot or cold sb is • *Mum took my temperature with a thermometer.*

- 12.119 prescription** (n) /prɪ'skrɪpʃn/  
a piece of paper where a doctor writes what medicine a sick person should get from a pharmacist • *The doctor gave her a prescription for painkillers.* > prescribe (v)
- 12.120 in bad shape** (expr) /ɪn bəd ʃeɪp/  
unfit • *Dave is in bad shape. He should start working out.*
- 12.121 under the weather** (expr) /'ʌndə ðə 'weðə/  
ill; not feeling very well • *I'm feeling under the weather, so I think I'll stay in bed.*
- 12.122 up and about** (expr) /ʌp ənd ə'baʊt/  
recovered • *He was ill in bed last week, but now he's up and about again.*

## Writing: a review

pages 156–157

- 12.123 all in all** (expr) /ɔ:l ɪn ɔ:l/  
considering everything • *All in all, it was a good year.*
- 12.124 chill out** (phr v) /tʃɪl aʊt/  
relax • *They chill out in front of the TV in the evening.*
- 12.125 reasonable** (adj) /'ri:zənəbl/  
fair and sensible • *The prices at this shop are reasonable, so I'm sure you can afford to buy that shirt.*
- 12.126 convenient** (adj) /kən'vi:niənt/  
easy to get to; near a place • *Our new flat is very convenient for our school.*  
> convenience (n) ☞ Opp: inconvenient
- 12.127 brand new** (adj) /,bræn 'nju:/  
completely new • *This is my brand new car!*
- 12.128 spotless** (adj) /'spɒtləs/  
very clean • *The house was spotless after she had finished the housework.*
- 12.129 state of the art** (adj) /steɪt əv ði: a:t/  
very modern • *The equipment at this gym is state of the art.*
- 12.130 membership** (n) /'membəʃɪp/  
the state of being a member of a group or a club, etc • *At our gym, you get a free T-shirt and a bag when you pay for your membership.*
- 12.131 bland** (adj) /blænd/  
not having a strong or interesting taste • *The restaurant was nice, but the food was bland.*

- 12.132 overpriced** (adj) /əʊvə'praɪst/  
more expensive than sth is worth • *The clothes in this shop are overpriced.*
- 12.133 fully-booked** (adj) /'fʊli-bʊkt/  
A fully-booked flight, performance, etc has no more seats available. • *We couldn't reserve a table at the restaurant as it was fully-booked.*

## Video: Living in the Slow Lane

page 158

- 12.134 slow lane** (n) /sləʊ leɪn/  
a calm and relaxed lifestyle • *He lives life in the slow lane and never rushes about.*
- 12.135 movement** (n) /'mu:vmənt/  
a group of people with the same ideas or beliefs • *The LAA movement are trying to stop animal testing.*
- 12.136 brand** (n) /brænd/  
a product made by a particular company that has a particular name or design • *My favourite brand of chocolate is Ion.*
- 12.137 die out** (phr v) /daɪ aʊt/  
when a species or a tradition disappears • *It's sad, but many traditions are dying out.*
- 12.138 preserve** (v) /prɪ'zɜ:v/  
protect • *The old way of life in this village is being preserved by the locals.* > preservation (n)
- 12.139 step in** (phr v) /step ɪn/  
become involved in sth • *They were going to knock down the building, but the mayor stepped in and saved it.*
- 12.140 promote** (v) /prə'məʊt/  
help sell sth by advertising it • *They are promoting organic food products at the market.*  
> promotion (n)

### Phrasal verbs

break out in sth	get over
chill out	pass out
come down with	put off
come round	step in
die out	stick to
fight off	